Amendments to the Claims

1-10. (Canceled).

11. (Previously presented) A food supplement, comprising lipoic acid, and creatine.

12. (Previously presented) A food supplement according to Claim 11, comprising alpha lipoic acid and creatine.

13. (Previously presented) A food supplement according to Claim 11, comprising lipoic acid and creatine monohydrate.

14. (Previously presented) A food supplement according to Claim 11, further comprising glutamine.

15. (Previously presented) A food supplement, comprising a dry mixture of the following ingredients in a daily serving of about 26g to 78g: 55% to 70% water extracted soy protein isolate containing at least 80% protein; 20% to 30% carbohydrate consisting essentially of fructose; 1% to 3% of an amino acid premix comprising two or more free form amino acids selected from the group consisting of l-leucine, l-glutamine, l-alanine, glycine, l-arginine, l-lysine and ornithine alpha-ketoglutarate; 1.5% to 2.5% medium chain triglycerides; 1.5% to 2.5% creatine monohydrate; 0.18% to 0.28% l-carnitine; 0.15% to 0.25% grape seed extract; 0.025% to 0.035% coenzyme Q10; 0.01% to 0.02% piper nigrum extract; and 0.0001% to 0.0003% alpha lipoic acid.

16. (Previously presented) The food supplement of Claim 15 in which said amino acid premix includes the following amino acids: l-leucine, l-glutamine, l-alanine and glycine.

17. (Previously presented) The food supplement of Claim 16 in which said amino acids are present in the following percentages per total weight of premix: l-leucine 35% to 45%, l-glutamine 30% to 40%, l-alanine 5% to 15%, glycine 5% to 15%.

18. (Previously presented) The food supplement of Claim 15 in which said mixture also includes 0.05% to 0.15% conjugated linoleic acid.

19. (Previously presented) The food supplement of Claims 15, 16 or 18 in which said mixture also includes 0.25% to 0.35% phosphatidylserine/phosphatidylcholine complex.

20. (Previously presented) The food supplement of Claims 15, 16 or 18 in which said soy protein isolate includes retained isoflavones.

21. (Previously presented) The food supplement of Claim 15 in which said amino acid premix includes l-leucine, l-glutamine, l-alanine, glycine, l-arginine, l-lysine and ornithine alpha- ketoglutarate.

22. (Previously presented) The food supplement of Claim 21 in which said amino acids are present in the following percentages per total weight of premix: l-leucine 25% to 30%, l-glutamine 20% to 25%, l-alanine 4% to 7%, glycine 4% to 7%, l-arginine 20% to 25%, l-lysine 8% to 15%, ornithine alpha-ketoglutarate 4% to 7%.

23. (Previously presented) The food supplement of Claim 15 in which said mixture also includes 0% to 3% lecithin and 0% to 3% one or more flavoring agents.

24. (Previously presented) A food supplement comprising a dry mixture of the following ingredients in a daily serving of about 26g to 78g: about 61.9% water-extracted soy protein isolate containing at least 80% protein, about 27.7% carbohydrate consisting essentially of fructose, about 2.7% of an amino acid premix comprising two or more free form amino acids selected from the group consisting of l-leucine, l-glutamine, l-alanine, glycine, l-arginine, l-lysine and ornithine alpha-ketoglutarate, about 1.9% medium chain triglycerides, about 1.9% creatine monohydrate; about 0.2% l-carnitine; about 0.2% grape seed extract, about 0.1% conjugated linoleic acid, about 0.3% phosphatidylserine/phosphatidylcholine complex, about 0.03% coenzyme Q10, about 0.01% piper nigrum extract, about 0.0002% alpha lipoic acid, about 1.3% lecithin, and about 1.7% flavoring agents.

25. (Withdrawn) A method for supplementing the diet of an athlete, comprising administering to the diet of the athlete a supplement comprising lipoic acid or a derivative thereof, and creatine or a derivative thereof.

26. (Withdrawn) A method of Claim 25 wherein the food supplement is mixed with water to provide a liquid drink.

27. (Withdrawn) A method for enhancing an athlete's muscle size or strength, comprising administering to the diet of the athlete a supplement comprising lipoic acid or a derivative thereof, and creatine or a derivative thereof.